

Reflections on . . . Positive Identity

- ◆ How do I know my life has a purpose? Do I get to choose the purpose, or is the purpose something I'm supposed to discover? Does everyone have the same purpose? Are some purposes good and some not so good?
- ◆ What do the great thinkers of my people say about the purpose of life? Have my parents ever told me stories about living with purpose?
- ◆ What will my future be like? How many years will my future have? How many years would I like it to have?
- ◆ If I close my eyes, can I imagine my future? What will my family be like? Where will I live? What kinds of work will I do? Who will be my closest companions?
- ◆ Can I control everything that happens to me? Can I control anything that happens to me? Who else has control over parts of my life? Are they teaching me and helping me, or stopping me from making my own decisions?
- ◆ What does it mean to have personal power? Are you born with it, or do you grow it, or gather it, or discover it in yourself?
- ◆ What kinds of activities make me feel powerful—not just physically, but also powerfully wise, powerfully loving, powerfully good?
- ◆ How often do I feel good about myself? How often do I have doubts about myself?
- ◆ What are my goals? Do I live each day with intention?
- ◆ Do I have any bad habits that are holding me back? How can I take steps to change them?